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AI Overview
The "Stop-Block-Frame" is Lesson 10 in the Gracie University Women Empowered pink belt self-defense program. It teaches women how to manage spatial boundaries, block unexpected approaches or strikes from a potential attacker, and use structural framing with their arms to keep a safe distance.

Gracie University
+1
Core Concepts of Stop-Block-Frame
The Stop: Use a clear verbal and physical barrier to halt someone invading your personal space before an attack begins.
The Block: Defend against sudden frontal strikes or grabs by deflecting the incoming limbs with your hands and forearms.
The Frame: Create a rigid structural barrier using your bones and joints (arms bent at specific angles) so the person cannot close the distance or grab your neck/clothing.
If you are practicing for your evaluation, would you like a step-by-step breakdown of how to drill this technique or details on other Women Empowered pink belt lessons?

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Eight Pieces Brocade Qigong Routine | Ba Duan Jin | Chi KungThe "8 pieces of barcode" in your query refers to the 8 Pieces of Brocade (also known as Ba Duan Jin), a classic Qigong routine featured in schools like the White Crane Academy. It is taught as a therapeutic, low-impact exercise set focusing on posture, breath, and energy flow.

Tummee
+2
Curriculum and Syllabus Outline
The routine consists of eight distinct movements. Each movement targets specific meridians, internal organs, and physical alignments:

Tummee
+1
Two Hands Hold Up the Heavens (Liang Shou Tuo Tian): Regulates the triple heater/burner and stretches the torso.

Scribd
+1
Drawing the Bow to Shoot the Hawk (Zuo You Kai Gong Ru She Ji): Strengthens the upper back, chest, and shoulders; benefits respiration.
Separating Heaven and Earth (Tiao Li Pi Wei Xu Dan Ju): Regulates the spleen and stomach via alternating vertical stretches.
Wise Owl Gazes Backward (Wu Lao Qi Shang Wang Hou Qiao): Relieves fatigue, neck tension, and nervous strain by gently twisting the cervical spine.
Big Bear Turns / Sway the Head and Shake the Tail (Yao Tou Bai Wei Qu Xin Huo): Clears heart fire and loosens the lower back and hips.

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drops to stimulate the whole nervous and lymphatic system.
Training Principles
Posture: Begins in an upright Wuji or standing meditation stance with relaxed knees.
Coordination: Movements match slow, deep abdominal breathing.
Progression: Used at the foundation level for warm-ups, mobility, and cultivating body awareness before progressing to dynamic forms.

Earth Balance Tai Chi
+4
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Are you looking for step-by-step instructions for a specific move?
Do you need information on seated modifications?
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ALL THE ABOVE

Here are the step-by-step instructions for all eight movements, along with their seated modifications for practicing safely.

1. Two Hands Hold Up the Heavens

Standing Step-by-Step: Stand with feet hip-width apart. Interlace your fingers in front of your belly. Inhale as you raise your hands up the center line. Turn your palms upward above your head. Push up gently while looking at your hands. Exhale as you separate your hands and circle them down to the sides.

Seated Modification: Sit upright away from the back of the chair. Interlace fingers on your lap. Raise and push upward exactly like the standing version. Keep your sit-bones firmly rooted in the chair.

2. Drawing the Bow to Shoot the Hawk

Standing Step-by-Step: Step out wide into a horse stance. Cross your forearms at chest level. Extend one arm out to the side with an index finger pointing up (the bow). Pull the opposite elbow back at shoulder height (the string). Look sharply toward your extended hand. Inhale on the expansion, and exhale as you return to center. Alternate sides.

Seated Modification: Sit forward on the chair with your feet placed wide apart for stability. Perform the arm crossing, chest expansion, and elbow pulling exactly as described above without shifting your weight.

3. Separating Heaven and Earth

Standing Step-by-Step: Stand with feet hip-width apart. Hold your hands in front of your chest as if holding a ball. Inhale as one palm pushes straight up to the sky (fingers pointing inward) while the other palm pushes down toward the earth (fingers pointing forward). Stretch gently. Exhale and return to the "ball" position. Alternate sides.

Seated Modification: Sit upright with spine straight. Follow the exact same vertical pressing motions with the arms, focusing on stretching the sides of your torso while keeping your pelvis heavy on the seat.

4. Wise Owl Gazes Backward

Standing Step-by-Step: Stand with feet hip-width apart, arms hanging naturally. Inhale as you slowly turn your head to look as far over one shoulder as possible. At the same time, twist your arms outward so your palms face forward or outward. Exhale as you slowly return your head and arms to the front. Alternate sides.

Seated Modification: Sit tall to ensure full spinal length. Turn your head and rotate your arms exactly like the standing version. Ensure your shoulders stay relaxed and down, away from your

ears.

5. Sway the Head and Shake the Tail

Standing Step-by-Step: Step into a wide horse stance. Place your hands on your thighs with thumbs pointing backward. Lower your weight slightly. Inhale, then exhale as you lean your torso forward and circle your head down toward one knee, across the center, and up toward the other knee. Reverse the circle on the next breath.

Seated Modification: Place your feet wide apart while seated. Rest your hands on your knees. Lean your torso forward and gently rotate your upper body in a smooth circle, letting your head follow the movement naturally without straining your neck.

6. Two Hands Hold the Feet to Strengthen Kidneys

Standing Step-by-Step: Stand with feet together or hip-width apart. Inhale and raise your arms up. Exhale as you bend forward from the hips, sliding your hands down the back of your legs to touch your heels or toes. Hold briefly. Inhale as you slowly roll or sweep back up to standing.

Seated Modification: Sit securely on the chair with feet flat. Inhale to lengthen your spine. Exhale as you hinge forward from the hips, sliding your hands down your shins toward your ankles or feet. Only go as low as your flexibility comfortably allows.

7. Clench the Fists and Glare Fiercely

Standing Step-by-Step: Stand in a wide horse stance. Bring loose fists to your hips, palms facing up. Inhale deeply. Exhale as you slowly punch one fist forward, rotating it so the palm faces down. Open your eyes wide and glare with intent. Inhale as you relax the eyes and pull the fist back. Alternate sides.

Seated Modification: Sit firmly with feet planted. Bring your fists to your waist. Execute the slow, powerful punches forward combined with the wide, focused stare.

8. Bouncing on the Toes

Standing Step-by-Step: Stand with feet together. Inhale as you lift your heels up to balance on the balls of your feet. Hold for a second. Exhale and drop your heels back to the floor with a gentle, controlled thud to vibrate the body.

Seated Modification: Sit upright with your feet flat on the floor. Lift your heels as high as possible while keeping your toes pressed down. Drop your heels down firmly onto the floor to create a gentle vibration up through your legs.

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GPP CALISTHENICS SPP CALISTHENICS
In calisthenics, GPP (General Physical Preparation) builds a broad base of fitness, work capacity, and durability using basic bodyweight movements, while SPP (Specific Physical Preparation) focuses on exact target skills like a planche, front lever, or muscle-up.

YouTube
·K boges
+3
GPP Calisthenics (Building the Base)
Goal: Increase overall strength, joint health, endurance, and muscle mass.
Movements: Basic patterns like push-ups, pull-ups, bodyweight squats, dips, and planks.
Style: Higher volume, moderate intensity, shorter rest times, and fixing weak points.

GQ
+1
SPP Calisthenics (Targeted Mastery)
Goal: Learn and master high-level bodyweight gymnastics skills.
Movements: Isolations and progressions for handstands, muscle-ups, L-sits, back levers, or planches.
Style: Low repetition, high technical focus, longer rest periods to allow full nervous system recovery.

Calisteniapp
+1
Would you like a sample weekly training split that combines GPP and SPP for your current fitness level?
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Here is a balanced 4-day upper/lower split that combines SPP (skill mastery) with GPP (building muscle and conditioning).
Schedule Overview
Monday: Upper Body (SPP Focus + GPP Finish)
Tuesday: Lower Body & Core (GPP Conditioning)
Wednesday: Rest
Thursday: Upper Body (SPP Focus + GPP Finish)
Friday: Lower Body & Core (GPP Conditioning)
Weekend: Rest

Upper Body Days (Monday & Thursday)

Part 1: SPP (Skill Mastery)

Warm up your wrists and shoulders thoroughly before starting.

Skill A: Handstand or Planche progression

3–5 sets × 5–10 second holds

3 minutes rest between sets (High focus, low fatigue)

Skill B: Muscle-up or Front Lever progression

3–4 sets × 2–4 explosive reps (or 5-second holds)

3 minutes rest between sets

Part 2: GPP (Strength & Muscle Base)

Move faster through these. Rest 60–90 seconds between sets.

Exercise 1: Pull-up variation (Weighted, regular, or australian rows)

3–4 sets × 8–12 reps

Exercise 2: Dip variation (Bar dips, ring dips, or pike push-ups)

3–4 sets × 8–12 reps

Exercise 3: Push-up variation (Deficit, diamond, or regular push-ups)

3 sets × AMRAP (As Many Reps As Possible)

Lower Body & Core Days (Tuesday & Friday)

Part 1: SPP (Advanced Core Control)

Skill A: Dragon Flag or L-Sit/V-Sit hold

4 sets × max time hold (aim for 10–20 seconds)

2 minutes rest between sets

Part 2: GPP (Leg Strength & Work Capacity)

Rest 60–90 seconds between sets.

Exercise 1: Pistol Squat or Assisted Single-Leg Squat

3 sets × 5–8 reps per leg

Exercise 2: Walking Lunges or Bulgarian Split Squats

3 sets × 12–15 reps per leg

Exercise 3: Glute Bridges or Nordic Hamstring Curls

3 sets × 10–12 reps

Exercise 4: Hanging Leg Raises or Ab Wheel Rollouts

3 sets × 10–15 reps

What specific calisthenics skills (like handstands, muscle-ups, or planches) are you currently trying to unlock?

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T A I ' C H I" , C H U N K U K D O ,' , T A I ' C H I' , G R A C I E - D I A L P I N K B E L T J I U J I T

Ask anything

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